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# Fitness Guidance due to Coronavirus (COVID-19)

Applicable to: Military

Effective 13 Mar 2020, in accordance with the Office of Secretary of Defense, all DoD uniformed personnel, civilian personnel and family members traveling to, or from, or through Centers for Disease Control and Prevention (CDC) travel Health Notices Level 3 (COVID-19) designated locations will Stop Movement for the next 60 days.

This may have affected the capability to perform Fitness Assessments. To better assist members who will be due for their Fitness Assessments during this time, the below information has been provided.

**This guidance is two parts:**

**Part I – Fitness**

**Part II – Fitness and Promotion**

## Part I – Fitness

### Fitness Testing During COVID-19:

Effective 17 March 2020, all Official Fitness Assessment Testing is cancelled until June 2020.

- Members who are due for their Official Fitness Assessment in March will test in 6 months, September 2020
- Members who are due for their Official Fitness Assessment in April will test in 6 months, October 2020
- Members who are due for their Official Fitness Assessment in May will test in 6 months, November 2020

FACs must ensure that AFMMS II is updated to reflect a Commander Composite Exemption on each member who is due for their Official Fitness Assessment in March, April and May. FACs must also ensure the expiration dates reflect the same due dates indicated above to prevent members going into a non-current status.

Fitness Testing will resume on 1 June 2020 unless further guidance is published.

## Part II – Fitness Testing and Promotion

If Airmen are unable to complete their Fitness Assessment due to the COVID-19 restrictions, the unit Commander may place the member in a Composite Exemption following the guidance above.

If the Airmen's previous Fitness Assessment was a failure, the unit must submit an Exception to Policy (ETP) request signed by a Wing Commander or equivalent in order for the Airmen to be eligible for promotion.

## Point of Contact

POC for this message is [AFPC Special Programs Section](#), AFPC/DP3SA, DSN 665-5973, Commercial 210-565-5973.

## Related Resources

- [STOP MOVEMENT and Concurrent Travel Guidance Related to Travel Restrictions due to the Coronavirus Disease \(COVID-19\)](#)
- [AFI 36-2905](#), *Fitness Program*
- [AFI 36-2502](#), *Enlisted Airman Promotion/Demotion Programs*